



thenewhammag

Issue 319 // 3 - 16 July 2015 // Every fortnight



the
Newham
Show

**Come and
join the
parade**

The Mayor's Newham
Show and Carnival (p9)



Newham London

UNDER THE STARS

FOUR NIGHTS OF FREE LIVE OUTDOOR MUSIC

THURSDAY 13 AUGUST

**MAXI
PRIEST
ASWAD**

JANET KAY

FRIDAY 14 AUGUST

SUKSHINDER SHINDA

JASSI SIDHU

HUSSNAIN LAHORI

RAJA KASHIF & RUBAYYAT JAHAN

ETERNAL TAAL

HOSTED BY DJ MOSES & TOMMY SANDHU

SATURDAY 15 AUGUST

**HOT
CHOCOLATE**

**CLEM CURTIS &
THE FOUNDATIONS**

SOUL LEGENDS TRIBUTE SHOW

SUNDAY 16 AUGUST

**ROYAL
PHILHARMONIC
ORCHESTRA
FEAT. LAURA WRIGHT**

**FIREWORKS
FINALE**

Central Park, East Ham, E6 Gates Open 6.30pm

Visit www.newham.gov.uk/uts

@NewhamLondon #NewhamUTS f newhamevents

No parking on site please use public transport. You may be searched as a condition of entry.
No glass bottles or dogs allowed on site. Programme subject to change

**CELEBRATING
50 YEARS
OF NEWHAM**

**Mayor of
Newham**



It's almost time for this year's Mayor's Newham Show (p8). We're keeping our fingers crossed for good weather, but come rain or shine, thousands of Newham residents will have a fantastic time.

This is also your last chance to sign up to take part in the Monks Great Newham London Run (p16), and the Great Newham London Swim, two great events to relish for participants and spectators alike.

Elsewhere in this issue, we are celebrating the achievements Newham's hardworking young college students (p19), encouraging you to get involved in free activity this summer (p27) and looking forward to the refurbished Forest Gate Community Neighbourhood playing an even bigger part in bringing people together (p28).

Finally, read how the council is working to protect vulnerable people (p22). A recent study has shown how effective our independent Domestic Violence Advocacy service is, and it's right we pay tribute to those carrying out this important work.

Sir Robin Wales
Mayor of Newham

Keep in touch with Newham Council via:

www.newham.gov.uk

@NewhamLondon

www.facebook.com/newhamenunol

To contact the Newham Mag team email:

newham.mag@newham.gov.uk

or call 020 3573 1517

PUBLICATIONS OFFICER Maxwell Baker

STAFF PHOTOGRAPHER Andrew Baker

To advertise in The Mag call:

Julie Madell on 07990 559 090

If you do not receive the Newham Mag at home, or know someone who doesn't, please call 020 3573 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 3QJ, or email newham.mag@newham.gov.uk.

Publication of an advert in the Newham Mag does not constitute endorsement of any goods or services offered.

The Newham Mag is printed on 100 per cent recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

Look out for the next issue from 17 July
View the mag online at www.newham.gov.uk/mag

contents

3 July 2015 // **issue 319**

Reguliers

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Wales
- 20 NEWHAM IN PICTURES** – your fortnight in photos
- 24 WORKING LIVES** – meet the chair of Newham's Deal Forum
- 30 OUR NEWHAM** – compilations and community news
- 32 KIDS CORNER** – pictures and puzzles for our younger readers
- 34 WHAT'S ON** – five pages of activities and events for you to try most of them too



09



24



16



22

Features

- 08 THE MAYOR'S NEWHAM SHOW** – the top 50 things about this year's show
- 16 A GREAT SPORTING CHALLENGE** – get set for the Monks Great Newham London Run and Great Newham London Swim
- 19 NEWHAM SHINING STARS** – awards held by Newham College of Further Education
- 22 TACKLING DOMESTIC VIOLENCE** – how Newham can support you
- 27 A SUMMER OF FUN FOR EVERYONE** – the release of the Newham Summer Guide 2015
- 29 ON THE TRAIL IN FOREST GATE** – pulling arts on the map

IN BRIEF //

Upton Centre closure agreed
Newham Council's Cabinet have approved the permanent closure of the Upton Centre and agreed to consult on the future development of the site in Upton Park.

The community centre closed in December when it was found the boilers were no longer compliant. Independent surveyors said a significant amount of work was needed to bring the centre back into use.

The council held a six-week public consultation in April and May. Councillors took on board the views of residents for a desire for community centre provision as well as affordable housing. A consultation on the future use of the site will take place.

Mayor Sir Robin Wales said: "We have to find £50 million of savings next year alone. With this decision we have an opportunity to create a better community centre for all residents that is more cost effective, as well as create much needed housing. This is exactly what our residents want."

Freedom Pass applications online

Residents are reminded that all applications for an Older Persons Freedom Pass must now be completed online.

People without access to a computer can visit any of Newham's ten libraries to get support with their application. It is no longer possible to apply for a Freedom Pass at the Post Office.

If you're unable to apply online then you can pick up a paper form from libraries. For information or to find out if you are eligible for a Freedom Pass visit:

www.freedompass.org or call
0800 330 1433 (Monday to Sunday,
9am to 5pm)

>>> Salute for the armed services

Newham Council hosted a special flag at the Town Hall in East Ham and Stratford in recognition of the seventh Armed Forces Day.

Armed Forces Day raises awareness of the contribution made by those who serve and have served in Her Majesty's Armed Forces, including Regulars, Reservists, veterans, cadets, and their families.

Mayor Sir Robin Wales unfurled the flag at the Old Town Hall in Stratford with Cllr Miss Patel, lead member for Stratford and West Ham Community Neighbourhood, and members of G Company 7 Rifles based at the Army Reserve Centre in West Ham.

Sir Robin said: "We fly the flag to salute members of our armed forces who have previously served or are currently serving. Showing our support is even more appropriate this year as we commemorate the 70th anniversary of the end of the Second World War."



Healthy Games legacy ensured

Mayor Sir Robin Wales joined Paralympian and TV presenter Ada Hegerberg to open a community health centre named after the neurologist who established the Paralympic Games in England.

The Sir Ludwig Guttmann Health and Wellbeing Centre close to Queen Elizabeth Olympic Park was the health centre built for the 2012 Games. A plaque to honour Sir Ludwig was unveiled by his daughter Eve Loeffler.

More than 100 people attended to see the health services available to local residents. The event was hosted by NHS Newham Clinical Commissioning Group, NHS Property Services, the Hurley Group and East Village Trust. A Newham branch of Moorfields Eye Hospital is also based in the centre.

Mayor Sir Robin Wales said: "The Sir Ludwig Guttmann Centre supports our vision for a healthy community. It is a first class facility that is a true legacy from the 2012 Games."





News

Garden party is icing on the cake

A giant cake to celebrate Newham's 50th anniversary was the centrepiece of a free garden party in Central Park, East Ham, organised by Newham Council's Community Neighbourhood teams.

More than 500 visitors tucked in and also enjoyed other activities including balloon modelling, fitness taster sessions, family races, a giant chess board, face painting and performances by a jazz band. Mayor Sir Robin Wales was among those who attended.

Councillor Lakram Shah, lead member for East Ham Community Neighbourhood, said: "I was delighted so many people enjoyed the fun."

The next 50th anniversary garden parties take place on 25 July at Priory Park, Upton Park, and First Avenue Community Garden, Plaistow, between noon and 4pm. More are planned in August and September.

For more details about what's going on where you live contact the council's Community Neighbourhoods team on 0203 373 4956 or visit www.newham.gov.uk/sunmergardenparties



Published: 11:00 AM, 11th September 2013. Updated: 11:00 AM, 11th September 2013. Comments: 0. Views: 1000.

Praise for Shared Lives

A Newham Council scheme that helps vulnerable people and their families through a network of carers offering accommodation and support in their own homes, has been praised by the Government's Minister for Civil Society, Rob Wilson.

Councillor Joy Laguda, mayoral adviser for adult safeguarding, introduced him to carers and people on the Shared Lives Scheme, which supports residents to live as independently as possible.

Vulnerable people are matched to one of 44 Shared Lives carers and then stay for short periods at the home of their carer as part of his or her family.

Mr Wilson said: "The carer I met shares her family and community life with people who need support. Her work exemplifies the kind of bigger, stronger society where people take more responsibility for others and where communities work together."

For details about the scheme or how to become a Shared Lives Carer visit www.newham.gov.uk/sharedlives



>> Views sought on Budget Challenge

Residents and businesses are to be asked this summer about how Newham Council can achieve the £30 million saving it needs to make next year alone.

Councillors approved plans to raise awareness of the council's Budget Challenge. The council needs to save a total of £31 million between now and 2020 as a result of continuing cuts in funding from the Government as well other cost pressures including rising demand on services.

Mayor Sir Robin Wales said: "We have to tackle this head

on, which will mean having to take difficult and unpopular decisions, but we need to ensure we prioritise the things that matter most to local people. I urge every Newham resident to ensure they make their voice heard through our consultation over the summer."

Information on you can get involved in Newham's Budget Challenge will be available at the Mayor's Newham Show on 11 and 12 July or at www.newham.gov.uk/budgetchallenge

Show up for carnival of delights

The Mayor's Newham Show and Carnival all the weekend will be another great occasion. I'm looking forward to it because the event has a long history of bringing people together to have fun. This year will be no exception.

We are also celebrating Newham's 50th birthday and there is a whole host of themed activity from across the decades for you to enjoy. If you want to see what your hair looks like styled into a classic 60s beehive or dance to some classic 80s tunes, then bring your family and friends to help make it a weekend to remember.

"The event has a long history of bringing people together to have fun."

A personal highlight is always the Mayor's Newham Carnival on Saturday. Nineteen schools are taking part alongside a number of community groups. We've been holding free Carnival Classes to help you create costumes and props. The ideas from the pupils I met at Sandringham School in Forest Gate were really exciting. I can't wait to see them in the parade.

But while the Show will be fun, the days approaching it always remind me of the bombings that took place in central London on the morning of 7 July 2005. Just hours earlier we were

euphoric when we discovered the 2012 Games would be coming to Stratford. Then came the horror of the explosions.

Out of respect to those who died we considered cancelling our Show that was to take place a few days later. In the end we went ahead, safe in the knowledge that it would celebrate our togetherness as a community. I'm glad we did, and the reasons for that decision hold true ten years on.

We remain united in not allowing

the actions of a few to divide us. We celebrate diversity and foster a common sense of belonging and a shared identity where people can turn to each other for support. Together we have the strength and resilience to meet challenges head on – and that continues to shape everything we do as a council. And that's why we offer such an unrivalled programme of events where not only is entrance free of charge, but so are almost all activities.



Mayor's view

Housing policy that's fair for everyone

Recently our enforcement officers uncovered a private rented property in East Ham which was housing 26 people, including a two-year old child.

Although the tenants may have been happily living under that arrangement, in Newham we believe that is not acceptable in 21st Century Britain. We don't want to see residents living in overcrowded houses, where a master bedroom contains five beds and a single bathroom and kitchen is used by dozens of people. Overcrowding affects people's health, both physically and mentally and puts a great strain on local services from healthcare to waste and, if children are involved, education too.

The lack of housing supply is causing these kinds of situations in our borough. While 26 is a high number, it is not uncommon for our private rented sector licensing and planning enforcement teams to find 15, 16 or 17 people living in one house.

Last week I attended the Chartered Institute of Housing's conference and told industry experts what I thought should be happening to solve the well-acknowledged housing crisis in the UK.

I want to see an increase in houses, through a mix of tenures – this will help to stabilise the cost of buying and renting your home. This is why Newham's Council has been inviting developers to invest in our borough, but as part of their investment they have to provide



affordable housing, jobs and training. I want to see councils investing and creating their own housing – this is why we have set up our own house building company, Red Door Ventures, which will create thousands more homes in the borough in coming years. And I want to see the Government empowering councils rather than forcing us to sell off our housing stock in cheap Right to Buy

deals, which result in a loss of our much needed housing assets.

Here in Newham we are doing all we can to help our residents by creating housing, cracking down on criminal landlords through our private rented sector licensing scheme, and supporting those in housing need. However we are only one borough and we can't solve the housing crisis of London on our own.

with Sir Robin Wales

COMMUNICATING SUPPLEMENTARY THEATRE COMPANY
In association with THEATRE ROYAL STRATFORD EAST presents

Anita and Me

020 8534 0310

A PLAY WITH ORIGINAL MUSIC

STRATFORD EAST
THEATRE ROYAL
EMERSON STREET
GOSWORTHY ROAD, ST. ALBANS

...a people's theatre

By **MEERA SYAL**
Adapted by **TANIKA GUPTA**

29 OCT - 21 NOV



NEWHAM DISCOUNT NIGHT
THU 20 OCT
£2.00 TICKETS
Available for Newham residents
who are 18+ & have a valid
Council ID (proof of address required)
*Seating is on a first come first served basis



THE THEATRE WORKSHOP BAR

FREE ENTRY

COMIC MONDAYS

The best comedy deal in
London on a Monday from 8pm

THIRSTY THURSDAYS

Hang out with us as we extend our
happy hour until 8pm

Save
10%
on all
drinks!

TENNER TUESDAYS

2 meals from our special menu
for just £10!

PUB QUIZ WEDNESDAYS

Join Matthew Pearson from 7.45pm for our
Wednesday quiz night and test your mental ability
and win prizes! It's only £3 per team.

FUNKY FRIDAYS

Get ready for the weekend with our
DJ sets from 8pm. Reggae | Bassment
—Diplo, T-Pain, A-Trak—

SATURDAY NIGHT LOUNGE

Come along &
dance the
night away
from 8pm

UNDISCOVERED SUNDAYS

Music, comedy, spoken-word and much
more. Stay you are there here first!

WITCHAMMA CARIBBEAN FOOD
Thursday food specials. Order and collect call 020 8799 1300



@theatrepubsloondon



@theatrepubsloondon



@theatrepubsloondon



@theatrepubsloondon

Mayor's Newham Show

- The Top 50!

The Mayor's Newham Show will return to Central Park, in East Ham, on Saturday 11 and Sunday 12 July from 12noon to 6pm. This is your definitive guide to all the fun-filled activities planned for the weekend, almost all of which are totally **FREE**.

There's so much happening at the show. Here are our Top 50:

- 1** Celebrating Newham's 50th Birthday – the Mayor's Newham Carnival will involve more than 2,000 schoolchildren and community groups parading through East Ham. A spectacle of dance, music and costumes, it is not to be missed. The parade departs from the junction of Rendle Road and High Street South at 2pm on Saturday.



- 2** More than 18 places to eat, from Caribbean to Lebanese and Thai to traditional British. There will be something to satisfy all tastes.



- 3** Or why not bring a picnic? With 45 picnic benches at the event, pack your goodies and enjoy an al fresco feast at the event.

- 4** Pop into the Central Park Café, open throughout the event serving hot and cold meals and drinks.

- 5** Relax in the shade in the beer garden and enjoy a drink from the bar in the Cabaret tent.

- 6** The Metropolitan Police's Enforcement Partnership Team will be at the show all weekend, working with the council's Law Enforcement Officers. Have a go at working the council's CCTV network or pop into the mobile Metropolitan Police Station.



Celebrating
50 years of
Newham

Mayor of
Newham

7 Go by bus. Routes 95, 104, 101, 115 and 474 go to Central Park and the 5, 147 and 238 will drop you off at Barking Road. The nearest Tube station is East Ham, a 15-minute walk away. Replacement buses will operate on this line during the event weekend. Alternatively, from Canning Town Station, jump on the 5 or 115 to East Ham.

8 Or get there on two wheels. Though bikes aren't allowed on to the site, cyclists will be directed to ample cycle parking where you can also book your bike in for a free service, and have your bike security marked by the Met Police.



9 Newham Village Fete will see the annual battle of the cakes, bakes, jams and chutneys. Judging will take place at 4pm each day. Email competitions@newham.gov.uk for more information or visit www.newham.gov.uk/bestinshow



10 The 1960s inspired Cabaret Tint will feature live music, comedy, acrobatics, dances, hula hooping. Newham's very own Aston Elvis Sal Bashir and others showcasing music from across the years.

11 The main stage will host a full programme of live dance and music hosted by Ashley J and Tee J. Fresh from the Britain's Got Talent semi-finals IMD Lagoon street dance troupe will be on stage on Saturday at 3.40pm and gospel choir sensations Pavestation Avenue will be taking to the stage at 3.25pm on Sunday.

12 Naughty TV probes Cook and Lene from Cooablers' Swasthuckle will be appearing at the event on Saturday 11 July. Postman Pat and Jess the Cat will be appearing on Sunday 12 July. Cook and Lene will be on main stage at 12.30pm and Postman Pat will be on the main stage at 12.45pm. Look out for them as well on the children's stage at intervals throughout the event.

Postman Pat and Jess the Cat will be appearing on Sunday 12 July only.
© 2010 RMC. Original series produced by BBC.

POSTMAN PAT



13 Canes Are Unsung Heroes – visit the photo booth in the adult social care tent and transform into a super hero.

14 Discover Children's Story Centre will create an installation from words using the 50th birthday theme to gather residents' thoughts, dreams and aspirations for the future and celebrate moments from Newham's past.



15 Don't miss the Stratford Crows Crows Children's Theatre programme in the Community Neighbourhoods area. Each day the area will host a new performance especially developed with families in mind.



- 16** Meet your local Councillor in the Community Neighbourhoods area, with storytelling and games, free balloons and the chance to find out more about where you live



under the big top

COMMUNITY NEIGHBOURHOODS

- 17** The under lives' entertainment area is themed on the 1950s space race, including face painting, games, arts and crafts, bouncy castles, games, circus skills, a digital mobile planetarium, t-shirt and bag designing, circus skills, devoted under-lives area with baby changing, breast feeding and bottle warming facilities



- 18** Check out the Festival of Food marquee, with cooking demonstrations from professional chefs. Get involved and cheer on local schools as they compete in cook-off finals and get some hands on experience making dough and testing spices

- 19** Find out more about fostering and adoption opportunities in Newham

- 20** Meet the council's Greenspace team and learn how to identify trees, win sunflowers and collect some bee-friendly wildflower seeds



- 21** A selection of experts will be on hand to help you find out how healthy you are, and what you can do to improve your physical and mental wellbeing

- 22** The Hobbies and Crafts marquee is set to inspire with a range of free things to make and take away over the two days. From forestry and watercolour painting to biscuit decorating, makes sure you get stuck in with activities and maybe even inspire a new hobby for you and your family



- 23** Newham's Budget Challenge – the council needs to save £50m from its budget next year and we want your views on where these savings could be made

- 24** Jobs and Skills – whether you're looking for work or training opportunities, find all the information you need to help you gain the skills you need for the career you want



Mayor of
Newham

25

Showcasing Newham – past, present and future. Celebrate Newham's heritage and discover how the borough is transforming with major regeneration projects planned and already under way in Canning Town and Custom House, Stratford and the Royal Docks.

26

Live a more active life with Newham Council's leisure provider activeNewham. Participate in a wide range of activities each day including rowing, table tennis, Zumba, rebounding, basketball, rugby, bocce, ju jitsu, fencing, handball and hula hooping.



27

Find out more from activeNewham about many parks and open spaces plus health walks, Parklife sessions, community gardening and nature conservation, at the active outdoor area. Take part in pond dipping, sow some seeds, get involved and make giant land art and learn how to explore the forest floor.



28

Head over to the activeNewham area and meet the Newham Volunteers, find out what they do and how you can also make a difference to your community.

29

Interested in owning your own home but can't afford a large deposit or the cost of buying on the open market? See how the NewShare scheme could help you.



30

Pack a towel and your bucket and spade or just pull up a deckchair and relax at Newham's very own seaside. Four tennis courts will be transformed with

40 tonnes of sand, a paddling pool, hula hoops, live steel band, donkey rides, fun themed activities and much more!

31

Pop into the Newham Village Fair where you can hock-a-duck, try your luck on the coconut shie, enjoy a round of crazy golf or partake in Victorian skittles.



32

Meet the Newham Mag team at the seaside and enter a drawing to be printed in Kids' Corner and enter a prize draw to win a family annual membership at Stratford Picturehouse.

33

Newham's Every Child a Musician programme will be hosting interactive sessions with tutors and offering lessons on trumpet, guitar, trombone, ukulele, keyboard, percussion, violin, viola, flute and clarinet.





34 Take part in a lawn bowls tournament in the Bowling Green.

35 The Youth Hub will be buzzing with activity including gaming, football competitions, netball, the chance to trial music technology in the Audio Lab, roller skating and much more.



36 Enjoy a traditional fairs game (the only activity in the park that involves a small fox).

37 The London Fire Brigade will be giving fire safety advice, offering residents the chance to get up close with a fire engine and will be giving deep fat fryer fire demonstrations.



38 Try static canoeing and sailing, semaphore and adventure training with the Sea Cadets. Learn about life as a Police Cadet and try some tent pitching, knot tying and pioneering with the Newham Scouts.

39 Find out more about the Festival programme happening across Newham this summer. Enjoy some faster activities and sign-up to tea, fun park sessions in your local area.



40 Have a go on a high ropes course!

41 Try your hand at blacksmithing at the event. Find out how blacksmiths handle metal to create shapes and objects using a mobile forge.



42 Head to the Newham Village Fête for your chance to win a two family camping holiday at Dabden House (for up to two adults plus four children.)



Mayor of
Newham



- 43** Visit George Drewry VC's commemorative paving stone by the Cenotaph installed in April 2015. 100 years after George, from Forest Gate, was awarded the Victoria Cross, the stone is the first of five which will be laid in the park between now and 2018.

- 44** Celebrate Newham's birthday and watch 50 years of Newham in film.



- 45** Step back in time and have your hair styled into a classic 1960s beehive at the pop up hair salon.

- 46** Look out for walkabout strolling entertainers including 1960s Hippy Chicks Luna and Starburst and giant Elvis. Still Wellers presenting some Memphis magic style to the event.



- 47** A heritage exhibition of different locations in Newham through the decades from 1965 to the present day.

- 48** Rosetta Art Centre will be delivering Op Art workshops inspired by artists from the 1960s. Find out more about Op Art and get creative and produce your own Op Art piece to take home.



- 49** Don't forget to take and post your #Newham selfie photos and @NewhamLondon will repost some of the best.



- 50** Chance to win £50 to celebrate 50 years. Make your way to the Showcasing Newham – past, present and future tent and enter the £50 shopping voucher competition.

For more information about The Mayor's Newham Show, visit www.newham.gov.uk/newhamshow

All programming is subject to change



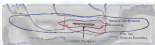
Celebrating
50 years of
Newham

Mayor of
Newham

Sound Insulation Scheme

The airport offers a state-of-the-art sound insulation scheme to help protect the community from noise pollution as well as its Sound Insulation Scheme.

An application for the Sound Insulation Scheme is necessary if your property is within the noise limit or within the scheme you will receive a letter detailing your eligibility and what works are available to you. These letters will be sent to the first five areas.



To find out more about the Sound Insulation Scheme and what is included within the First Five and Second Five Schemes please visit www.londoncityairport.co.uk

For those already located within the Sound Insulation Scheme, the airport provides a 10 year check-up for further information please visit www.londoncityairport.co.uk

If you require any further information about the Sound Insulation Scheme please contact the nearest information or 0300 300 0342 or alternatively email us at noise@londoncityairport.co.uk

Your direct access barristers.....

Do you want to see a barrister direct to get advice on your legal problems but feel you could not afford seeing a solicitor first?

Here at St Dunstan's Chambers we advise and represent businesses and individuals in all aspects of legal problems of affordable, competitive and flexible rates.

We advise on the following areas of law:

- Landlord and tenant (residential tenancies)
- Property law
- Employment law (including employment contracts and discrimination)
- Family law (children's law, matrimonial finance, divorce, financial remedies, and international child abduction)
- Debt & insolvency law
- Social security law
- Consumer law (non-disclosure ratings)
- Education law
- Commercial and litigation
- Medication and tribunals

Whether you need advice on a legal problem or representation in Court, Tribunal, or other hearings, please contact us on an initial consultation on 0208 512 5120 or by email at enquiries@stunstan-chambers.co.uk

St Dunstan's Chambers
First Floor, Runcry House
5 Poultry
London E15 5BB

T 0208 512 5120
F 0208 508 5124
E enquiries@stunstan-chambers.co.uk
W www.stunstan-chambers.co.uk

£20 gets you more than a gym.

Join Newham's 4 leisure and fitness centres before 31 July and get 20 days fitness for only £20.

- The most up-to-date health and fitness equipment
- Swimming pools with FREE swimming for Newham residents*
- Group cycling studios
- Outdoor football pitches
- Olympic standard running track
- Sports halls for badminton, basketball, cricket and hockey

To find out more call 0300 124 0123 or visit www.activeNewham.org.uk

Belton Leisure Centre
14 Belton Street
Plaistow E13 5AB

East Ham Leisure Centre
204 Rushes Road
E16 2ET

Manor Park Fitness Centre
444 High Street
Manor Park, E15 6JH

Newham Leisure Centre
287 Prince Regent Lane
Plaistow, E15 6JH

*Free access to all facilities for Newham residents aged 16 and under 18

Partnership with:

Newham London

active
newham



Get set for a Great

Get ready to lace up your trainers and pull on your wetsuits. Time is running out to book your place for two of Newham's most exciting sporting events of the summer, the Great Newham London Swim and the Morrisons Great Newham London Run.

Great Newham London Swim Saturday 18 July, Royal Victoria Dock

This is an exciting challenge suitable for all abilities, from first timers to budding triathletes and open water swim veterans.

Entrants can opt for either a half-mile or a mile course, taking to the water in the shadow of the O2 Arena and alongside the ExCeL exhibition centre and the Emirates Air Line. You must be aged 16 and over to take part in the longer race and 12 and over for the shorter version. Whatever your level of experience, you can enjoy the water safe in the knowledge that expert safety keepers will be with you every stroke of the way.

Fiona McCann, a star of TV's *The Only Way is Essex*, is taking on both the run and the swim, but this is her first open-water swimming event. She said: "I run regularly, but swimming in the open water, in a wetsuit, will be a whole new experience, so I am definitely getting a lot of training in!"

Olympic open water swimming silver medalist Dave Davies has some words of encouragement for Fiona and for anyone else taking on the challenge. He said: "Open water swimming can be really daunting if you've never swum outside of a pool, but if you enjoy swimming it's one of the best ways to get active. Once you've experienced the freedom of enjoying the water without lanes, walls or drone it can become very addictive!"



sporting challenge

Morrisons Great Newham London Run Sunday 19 July, Queen Elizabeth Olympic Park

With a course that stretches across the picturesque Queen Elizabeth Olympic Park, runners will cross the finish line for the Morrisons Great Newham London Run on the former Olympic Stadium's hallowed track following in the footsteps of Mo Farah, Jessica-Ennis Hill and Usain Bolt.

Though places for the Family Run event have now sold out, there's still time to grab a place in the 10k event and the team relay event, which have a limited number of places still available.

European 10,000m champion Jo Pavey is a long-time supporter of the Great Run Series and is encouraging residents to pull on their trainers and get involved. She said: "I will never forget running in the Olympic Stadium at London 2012, and now everyone has the chance to enjoy the same atmosphere and experience, which is fantastic. It's a great event, and I think the 10K distance is an achievable goal for most people."

Marathon world record holder Paula Radcliffe agrees that 10k is a distance even novice runners can set their sights on, and has selected six London women to act as ambassadors for the event. Vicki Reed, manager at Newham Leisure Centre in Plaistow, is one of the women selected by Radcliffe. She said: "You can build up slowly and with a crowd behind you, it's surprising how far you can go. You will always do better in an atmosphere like that than when you're running on a treadmill."



Sir Robin Wake, Mayor of Newham, said: "I hope people grab the opportunity to take part in one or both of the great Newham events whether it's for a personal fitness

goal or as a challenge for charity. Whether you're running, swimming, or just watching and cheering on the participants, it's a great weekend for the whole family."

To sign up for the Great Newham London Swim or the Morrisons Great Newham London Run, visit www.greatswim.org and www.greatrun.org/newham

WE

NEED

YOUR

VIEWS

Giving our children the Best Start in Life

We want to deliver a package of support to improve outcomes for children and families across childcare, early education and health. Share your views on the services that should be provided in our children's centres and where the centres should be located.

Fill in our online questionnaire by Thursday 23 July at www.newham.gov.uk/beststart. Paper copies are also available at libraries and children's centres.



**FOREST GATE
ARTS
TRAIL**

London Borough of Newham
FOREST GATE
COMMUNITY NEIGHBOURHOOD

Forest Gate Arts Trail

20 July - 8 August

20 days, 26 venues, more than 40 artists.

With exhibitions, open houses, workshops and Q&A sessions with artists, the Forest Gate Arts Trail is a series of events you won't want to miss.

To find out more, or request a full listing of events, please contact the Forest Gate Community Neighbourhood team at CN.Forestgate@newham.gov.uk or call 020 3323 0856.

sponsored by

Newham London

Newham stars shine so bright

Newham College of Further Education celebrated the achievements of some of their most outstanding students at their Shining Stars Awards at the East Ham Campus, E6.

College Principal and Chief Executive, Di Gowland, said: "We are proud of these exceptional students, and of our staff who have an essential role in guiding, motivating and teaching. Without their hard work and dedication, there would simply be no students to award."

East Ham councillors Lakmini Shah and Quentin Poppitt presented the award for Champion in Promotion Equality & Diversity to Monazza Shafiq. Cllr Poppitt said: "Newham's young people are one of our borough's biggest strengths. It is an honour to be here this evening to present this award on behalf of the council."

More than 300 guests attended, including Olympian Tessa Sanderson CBE, TV star Ricky Groves, designer Zandra Rhodes and rugby star Martin Offiah.

The evening raised £68,000 to support the Learning Revolution Trust, the college's charity that aims to remove financial barriers to people who want to improve their lives through education.

Shining Stars Awards winners

(Award sponsor in brackets)

Apprentice of the Year (Newham Recorder)

Nayra Doudaballah

Best of Row Bardsley Tailoring Award

Grace Parsons

Low Food Champion Award (G&L Football)

Torun Lynch

St John Garle Cup for Outstanding

Engineering Student

Mbala Ndengou

Champion in Promoting Equality & Diversity

Award (Newham Council)

Monazza Shafiq

Leo Alexander McQueen Award

(Howard Kennedy)

Carissa Do

Learning Revolution Trust Student of the Year (UEJ)

Solomey Karama

Learning Revolution Trust Sports Award

Layana Neufville

Achievement Award (Westfield Europa Ltd)

Scotts Mubwa

Contributions to College Life Award (DLA Room)

Chelsey Carms

Enterprise and Employability Award

(Rupam Group Ltd)

Solomon Oyenade

Outstanding Progress Award

(Gokowy Qualifications)

Elizabeth Pitters

Group of the Year (Total Hospitality Training)

Saniyah Aileenah, Leanne Brett,

Samana Durr, Mohammed Ashiq Fureh,

Razma Chodwala, Shamarika Abd,

Almar Ahmed, Precious George, Dilan

Heane, Natalia Zdanowicz

AA Cricket Award

Newham College 2014/15 Indoor Cricket

Team

Staff of the Year (Grant Thornton UK LLP)

Ree Anikamah

Downsides' Award (Nial Group Foundation)

Tamara Khalun

Martin Talbot Outstanding Leadership

Award

Dimitrya Enikova Garkova

Higher Education Student of the Year

(Capita Managed IT Solutions)

Mehak Parook

Student of the Year (Learning Curve Group)

Kwesi Raku

From left to right: Cllr Shah, Monazza Shafiq, Cllr Poppitt, Mayor of Newham Mrs Burrell and Torun Lynch



The award winners



Newham in pictures



1 Sowing seeds for the future! Pupils get gardening at an event to mark the 50th birthday of Calverton Primary School. E16 2 Order, order! Councillor Aileen Alexee shows pupils from Tolgate Primary School around Newham Town Hall's Council Chamber. E5 3 On the cutting edge! Youngsters at Sandringham Primary School. E7 get busy preparing for the Mayor's Newham Carnival 4 Don't pull any punches! Punch and Judy perform at a garden party in Central Park. E6, to celebrate Newham's 50th birthday 5 Read all about it! Getting comfortable in the newly renovated Forest Gate Community Neighbourhood Centre at The Gate. E7

Tackling dome

Domestic violence is a term that covers many kinds of behaviour. It can involve controlling, coercive or threatening behaviour, violence or abuse. Domestic violence can be perpetrated by any intimate partner or family member, regardless of gender or sexuality. Domestic violence can include psychological, physical, sexual, financial or emotional abuse.

Those who seek support from Newham Council and who are identified as high risk will work with an independent Domestic Violence Advocate (DVA). An DVA is a trained specialist who provides a service, with the aim of securing their safety and the safety of their children. As a victim's primary point of contact, an DVA works to lower someone's risk and empower them to make changes to their lives by developing a safety and action plan. DVAs support and work over the short-to medium term to put victims on the path to long-term safety.

"Newham has a zero tolerance approach to domestic and sexual violence, and this shows how well the Council is working to tackle these issues"

To investigate the effectiveness of DVAs, Newham Council commissioned Professor Allan Brunscombe from the University of East London to evaluate the success of the service by looking at whether using the service reduces the chances of someone being a repeat victim of domestic violence. The results showed a strong connection between the DVA service and a reduction in domestic violence, with a 66% reduction in incidents following support from the DVA service, and 45% of victims reporting no further domestic abuse to the police.

Mayor of Newham, Sir Robin Wales, welcomed the report. He said: "These findings show that this is a vital service in supporting people at one of the most vulnerable and frightening points in their lives." Councillor Umesh Desai, Cabinet Member for Crime and Anti-Social Behaviour, added: "Newham has a zero tolerance approach to domestic and sexual violence, and this shows how well the Council is working to tackle these issues."

The DVA service is provided by the Newham One Stop Shop. If you are experiencing domestic or sexual violence, call the Newham One Stop Shop on 0203 451 2547 for free and confidential support. The line is available 24 hours a day, 365 days a year, or e-mail info@onestopshop.uk



stic violence



One Woman's Story

Anne has mild to moderate learning difficulties and a physical disability. She was in a relationship for six years with her partner Bob, who was her full time carer and father to her daughter Emily. Bob was verbally and physically abusive to Anne and was also financially abusive by taking control of her Disability Living Allowance over a three year period. Anne had never told anyone, as Bob threatened to take Emily out of the country if she disclosed to anyone what was happening at home.

On one occasion, Bob assaulted Anne and broke her arm. Anne's mother took her to hospital to have her injuries looked at. Anne briefly disclosed the domestic abuse to staff at the hospital.

Anne's sister, concerned for Anne's welfare, attended the police station where she saw an IDVA. A referral was made to Northern Cumbria's IDVA Service and Anne was identified at high risk. Together, the IDVA and Anne discussed a safety plan, as Anne wanted to end the relationship with Bob.

With the help of her IDVA and the support plan they made together:

- Anne was referred to the Hospital Social Work Team, and Adult Social Care Services put a new care package in place for Anne, adapting her home and employing a carer.
- Anne received help from Children and Young People's Service to get help in looking after her daughter.
- Anne was referred to a solicitor, and Bob's name was removed from the tenancy. She was also granted a Non Molestation Order, and an order meaning Anne and Emily could remain living in the family home without threat from serious harm to Anne or her daughter being abducted.
- IDVA supported Anne through attendance at court hearings. Bob was charged by the Crown Prosecution Service and was found guilty of the assault. He was also found guilty of breaching the Non Molestation Order and was taken into custody.



'Signing up' for the Newham Deaf Forum

Paul Ntuli is the Chair of Newham Deaf Forum, a group of residents that gives a voice to Newham's Deaf community, allowing them to share information, seek advice, and campaign for better access to public services.

Paul, 25, was born in Tanzania and moved to Newham aged three, having lost his hearing at 18 months old. He now lives in West Ham and joined the Deaf Forum shortly after its creation in 2013, and there have been big changes in the time. Paul says: "When I joined the group, it was a hearing-led service, but once I came along I was happy to take on the role as Chair. Now the Forum is led by Deaf people, which is important because one of the reasons the Forum exists is to protect what we see as our Deaf identity and make sure our language continues. Deaf people value their language and their culture just like anyone else. We want to be champions for Deaf people."

"Newham Deaf Forum is helping to build bridges with important services."

Paul attended the University of Central Lancashire, gaining a degree in Politics and Deaf Studies, and he played an active role in the student Deaf community. Here in Newham, he is concentrating on making sure all Deaf people have the confidence to have their voice heard. He explains: "To start with, I met a lot of people who lacked confidence, and there are many people who have had bad experiences, for example with the medical profession."

Deaf people are often confronted with barriers in how information is displayed, and it is often assumed that all Deaf people can lip-read, which is not the case. Paul says: "Very often information is passed to people who are Deaf in written English, which is not our first language, or they think we can read lips. British Sign Language (BSL) has its own syntax and structure. It is very different to written English and a lot of Deaf people – particularly older people and those from abroad – cannot understand written English."

Somebody came along from Newham Health Watch, and after listening to us, services have improved. It's important we're listened to on these issues, because there's information hearing people can access that Deaf people can't. The Forum challenges this and informs people who may not understand what it's like to be Deaf."

Paul currently works part-time for a Deaf company, but his ambition in the future is to set up his own business as a motivational speaker and trainer in Deaf awareness, sharing his own story and spreading awareness of Deaf issues. He also has big plans for the future of the Deaf Forum in Newham, and wants to keep the momentum going amongst Newham's Deaf community. He said: "One thing that shows how the Forum has grown is the drop-in service that now exists for Deaf people. It is run by social services, who set up the sessions after they worked us at one of our meetings. If you get a letter, and you don't read English, or it contains a lot of jargon you don't understand, the sessions provide somewhere that you can have things translated into BSL. This started as a monthly drop-in, and it's now fortnightly. With enough demand, it could become a weekly thing. Deaf people do not need to be patronised – we don't need anyone to feel sorry for us. We just need to break down the barriers in our way and Newham Deaf Forum is helping to build bridges with important services."

The Newham Deaf Forum currently meets once a month. For more details, and for more information on drop-in sessions for Deaf people, email Paul Ntuli on paulntuli89@gmail.com. British Sign Language interpreters and spoken language interpreters in Newham are booked through The Language Shop. For more information, visit www.languageshop.org.

RECYCLE

all of these items

from your BATHROOM

Top tip:

Remember to **remove** and **pull** trigger spray and pump dispenser tops in your rubbish bin



from your KITCHEN

Top tip:

Squash cans and bottles and **flatten** boxes to save space in your recycling



from your LOUNGE OR BEDROOM

Top tip:

Recycle **all** the **newspapers** and **envelopes** from your living room



If you are unsure about any items or want to check a collection day visit www.newham.gov.uk/recycling

 **recycle for London**



Guide to What's hot in Summer

Summer is here and in Newham we promise a host of fun opportunities for people to get out, get active and join in.

Every child and young person in Newham has received, through their school, a copy of the Summer in Newham Guide 2015. Inside you will find information on a huge amount of free summer activity available in the borough between now and the end of September.

There is something for everyone, including the Summer Reading Challenge, sessions in more than a dozen spots and, as part of the Summer School, courses ranging from horse riding to headbashing and from cake decorating to caring for animals. You'll also find a wealth of material to help you plan your summer break.

Young Mayor of Newham Yuseen Bukaraidi "I encourage all young people to get the most out of their Summer in Newham Guide and discover the full range of what's going on near them – whether that's heading along to one of our big free events like Under The Stars, or enrolling on a free course as part of the Summer School. Thousands of people already enjoy what we're offering and I want many more to get out and get active in the months ahead."

This guide also contains information on how to get involved in elections for Young Mayor and the Youth Council. Yuseen added: "This is your chance to promote the interests of Newham's young people and get the most out of the opportunities available to

you. It's important that every young person makes their voice heard."

Nursery, primary and secondary school pupils have the Summer in Newham 2015 brochure and additional copies are available in community neighbourhood centres, youth zones and colleges. You can also pick one up at the Mayor's Newham Show in Central Park, East Ham, on Saturday 11 and Sunday 12 July.

For information of free events and activities for everyone to enjoy, including free courses at the Summer School, visit www.newham.gov.uk/summer or www.newham.gov.uk/summer-school

Share your views and help improve Newham through better connections and neighbourhoods for local people.



You can earn rewards for your time.



www.newham.gov.uk/pasta



This project has received funding from the European Union's Horizon 2020 research and innovation programme under the Marie Skłodowska Curie grant agreement.

Older Persons **FreedomPass** Applications from July 2015

All applications for an Older Persons Freedom Pass must now be completed online.

If you don't have access to a computer then you can visit any of Newham's ten libraries to use a computer for free and receive support to get online.

It is no longer possible to apply for a Freedom Pass at the Post Office.

If you're unable to apply online then you can pick up a paper form from any of Newham's ten libraries.

For more information or to find out if you're eligible for a Freedom Pass visit www.freedompass.org or call London Councils on 0206 333 1433 (Monday to Sunday, 9am to 5pm)

**LONDON
COUNCILS**

Don't ignore it, report it!



Download the free
Love Newham app now at
www.newham.gov.uk/lovenewham

Love Clean Streets



**Mayor of
Newham**

On art trail in Forest Gate

Last month, the new-look Community Neighbourhood Centre at The Gate, Woodgrange Road, E7, opened its doors to residents. Building on the centre's function as a library, the refurbishments include extra community space for events and meetings, free Wi-Fi and a coffee shop run by local independent retailer Coffaly.

The existing library services are still in place but are now part of a wider offer to residents, providing space to find out what's taking place in their local community and ways they can get involved.

The first high profile event making use of the additional space is the Forest Gate Arts Trail, which kicks off on 20 July, with 20 days of exhibitions, open houses, workshops and Q&A sessions with artists.

This is the first year that the Arts Trail has been attempted and it is a truly a community partnership affair. The programme is being organised by a group of local artists and the Forest Gate Community Neighbourhood Team who are working together to produce a trail which will, hopefully, become an annual event.

More than 40 artists will be exhibiting their works, with paintings, sculptures, ceramics, jewellery and more, across 20 venues in the neighbourhood, including The Gate Community Neighbourhood Centre, Woodgrange Market and local coffee shops. There are activities to suit every resident, whatever you consider art to be.

Councillor Natasha Rahman is the Lead Councillor for Forest Gate Community Neighbourhood. She said: "The refurbishment of the Forest Gate Community Neighbourhood Centre was undertaken to help people get more involved in their local neighbourhood. The Forest Gate Arts Trail is a great example of this. This is the first time we have attempted the Arts Trail and I

am impressed at the way the local arts community has come together to deliver an innovative and ambitious programme of events. I would encourage everyone to come down to The Gate, and other venues in Forest Gate, to enjoy it for themselves."

To request a full listing of the events in the Forest Gate Arts Trail, email the Forest Gate Community Neighbourhood Team at CN.Forestgate@newham.gov.uk or call 020 3373 0856.

London Borough of Newham

FOREST GATE
COMMUNITY NEIGHBOURHOOD



Top marks for Newham head teacher

Paul Harris, head teacher at Curwen Primary School in Plaistow, has taken the Head teacher of the Year award at the 2015 TES Schools Awards. Hosted this year by the writer and comedian Greg Davis, the awards recognise outstanding contributions made by education teams and individuals to help students around the country to succeed – both inside and outside the classroom.

Mr Harris has been the head teacher at Curwen since 2006, guiding the school to an Outstanding rating from inspectors Ofsted in 2009, and building on that success since to raise academic standards at the school. He has taken his winning formula on the road to help other schools, including Kensington Primary School, E12, where he has become acting head teacher.

Ann Mroz, editor of the TES – formerly known as the Times Educational Supplement – said: “Paul Harris is a galvanising force in school and the community, going beyond his role to support and inspire others.”



Mr Harris (center) with Greg Davis (left) and Julie Tappin (right) at the TES Awards ceremony.

Sweet success for design students

Newham College business students have been asked to re-design a sweet shop in Cella, a small town at Westfield, Stamford City, E15. They were successful for the job after pitching their ideas to a panel of professionals at the Cella Football headquarters in a Dragon's Den style selection process for the job, beating two other pitches for the job.

The BTEC Business student who led the winning pitch, Abu Sowar Toib, said: “We team and I spent over a month preparing for it. We researched Cella Football and visited the stadium, as well as other businesses to get ideas on how to create a sweet shop. We also received presentation training from Newham – we were given a lot of advice and a team who helped us create a mood board for the shop.”



The college's winning team.

Song, dance and dinner in Canning Town

A community-minded Newham resident is holding a free event in Canning Town to bring people together for an afternoon of fun. All are invited down to The Hub, 132 Star Lane, E7A, on Saturday 18 July between 4 and 7pm to enjoy world music, dancing and getting to know new people. Quizzes are encouraged to bring a dash of food to share. If you are interested in performing at the event as a musician or singer contact Mickey Sutton on 07752 817 425.



Coffee, tea, and a health MOT

Stratford Library will host a special coffee morning for those who would like to find out more about health and wellbeing support services.

Residents are invited down on Thursday 9 July, between 10.30am and 12noon, for a coffee and a chat. Specialist experts will be on hand for a range of medical topics, including the Stroke Association, support services for tuberculosis (TB), and representatives from ASK – a mental health charity based in the borough. If you're living with diabetes, you can speak with one of our Diabetes champions, or find out if you might be at risk of developing the condition. There will also be the chance to take a Health MOT, to make sure you're looking after your medical needs.

For more information, email Chloelcarr@newham.gov.uk or call 020 3073 1615.



Win tickets for Sainsbury's Anniversary Games



This is your chance to get your hands on a pair of free tickets for the prestigious IAAF Diamond League event, which it returns to Queen Elizabeth Olympic Park on 24-26 July.

Some of the world's best athletes will be in action, including Greg Rutherford, Jessica Ennis-Hill and Mo Farah, marking three years on from the 'Super Saturday' where they each struck Olympic gold in one incredible night. Now stars will also grace the famous track, such as European indoor pentathlon champion Katarina Jansson-Thompson and rising sprint star Dina Asher-Smith, who recently broke the British 100m record.

The Newham Mag have four pairs of tickets to give away. To be in with a chance of winning a pair, send an email to NewhamMag@newham.gov.uk or a postcard to Newham Mag, 1000 Dockside Road, London E16 2GU before 13 July, specifying your preference of Friday or Saturday night tickets. For more information on the Sainsbury's Anniversary Games or to book tickets visit www.britishathletics.org.uk

Kids' Corner

PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and anyone
contact telephone number on the back of your entry

GALLERY



Dan Blott, 7



Miriam Fernandez, 6

Winner



Demi-Leigh Jordan, 6



Shawn Astashenko, 6

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GJ**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Colour-me-in Wordsearch

Poem

Classroom after school

Whiteboard crammed with
Numeracy notes,
Begging to be rubbed out,
While other whiteboards glow.

A falling football boot left
Alone,
Waiting for his partner,
Next to a toy bone.

A island of spit glue,
With sheps of pencil shaving,
Rubbers bathing.

The vacuum cleaner
Sounded like world war two,
It is dirty like the zoo,
VROOM! Tidy up
With a BROOM!

Asma Patel, 10



A	G	I	D	P	F	I	B	O	F	B	N	C	N	E	E
U	F	A	O	H	E	T	E	C	R	L	O	H	E	O	T
S	N	A	S	C	R	E	L	A	S	M	G	L	D	I	A
O	R	D	R	E	N	H	Y	O	G	R	E	N	I	J	N
S	H	O	I	S	O	R	D	E	H	E	L	E	R	I	S
U	I	G	L	E	F	T	L	S	F	I	N	G	O	A	H
M	R	A	R	E	C	T	O	L	E	R	K	N	P	U	R
E	R	A	R	E	C	T	O	L	E	R	K	N	P	U	R

Bride
Fence
Field
Flowers

Gullop
Grass
Horse
Pony

Saddle
Stirrups
Tail
Trot

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Super Science Month – Sat 11, Sun 12, Sat 18 and Sun 19 July, 12.30-2.30pm. Make stories come alive at Discover Children's Story Centre, High Street, E15 4QZ. £4.50 for Newham residents, and free for under twos. To book call 020 8536 5225

2

Manor Park Jumble Trail – Sat 11 July, 10pm-5pm. Like a car boot sale, but on your street! Run by residents, stalls are being set up in the Manor Park area. For more information, and to set up a stall, visit www.jumbletrail.com/event/E155802016

3

Tokyo Diary – until 26 August, at Stratford Circus, E15 1BQ. A new installation of pocket size souvenirs from across Japan.

MENTION THE MAG...

Summer is the season for cricket, and all across Newham there are fantastic opportunities to get out on the pitch. Essex County Cricket Club are running coaching sessions for young people in August at New Vic Sixth Form College, Prince Regent Lane, E13. Whatever your ability, courses are being offered for under nines (4 August), girls aged eight-13 (6 August) under 11s to (8 August), and under 13s (7 August) with coaches from Essex Auto Group Gresham Good Cricket Centre. All courses run 10am-3.30pm and if you mention the issue of the Newham Mag, the cost is reduced to £30 (usually £35). For more details, visit www.essexcricket.org.uk/cricket-centre and to book call 01245 254 026



TRY SOMETHING NEW... FORAGING

Learn what plants you can eat in the urban environment, and join Caravanserai on a foraging walk. The free event is being held Sat 18 July, 11am-1pm at their site at 100-116 Silvertown Wy, Canning Town, E16 1DA. Develop your ability to identify useful plants – you'll find that once you know what you're looking for, things will start to spring out in front of you in a range of environments and unexpected places.

Indicates free sessions

Liberated unless stated

UNDER-FIVES

Music and Rhyme

Tues, 10.30-11.15am, Custom House

Rhyme Time

Thurs, 1.30-2.15pm, Custom House Mon, 4-4.45pm, Canning Town

Storytelling

Mon 11am-12noon, Tues 10-11am, Quendon Globe Mon 10.30-11.15am, Custom House Tues 10.30-11.30am, Canning Town Tues 11am-12noon, The Gate Tues 10.30-11.30am, Thurs, 9-45, 10-4.55am, East Ham, Tues, 10-11am, Sat 11-12pm, 1pm, Green St, Fri, 10-11am, Manor Park, Thurs, 2-3pm, North Woolwich Tues 10-11am, Thurs, 2-3pm, Newlow Tues and Fri 11am-12noon, Stratford

Stay and Play

Support for parents and carers to develop their child through play. **Nate One:** Weds 10am-12noon and Sat 11am-1pm, Stratford. **Thurs,** 1.30-3.30pm, Jack Cornwell C/G, Tues 9.30-10.30am, Jayne C/G, Tues, 10am-12noon, Grassroots, Thurs, 1-2pm, North Woolwich Tues, 2-4pm, Thurs, 2-4pm, Sat, 11.30am-1pm, Green St

Music and Movement

Sessions for parents/carers and children Mon 10.30-11.30am, Grassroots

Baby Sing-a-Long

Thurs, 1-1.30pm, North Woolwich

YOUNG PEOPLE

Board Games Club (7-12yrs)

Play chess, Checkers, Ludo,  Pool and more. **Term time:** Thurs 4-6pm, Green St and Custom House, Thurs, 4.30-6pm, North Woolwich, Tues and



Fr 4-5pm, Stratford (from time),
Sat 2-3-4pm, Minor Park

Games Club (7-16yrs)
Sony PS3, Xbox360, Nintendo
Wii, board games and more
Tue 3-5-15pm, Custom
House Mon, 3-5-3pm, Pilelow
Thurs 4-6pm, Canning Town
Wed 3-5-3pm, Forest Gate

Newmarket Club
Mon 3-5-4-30pm, North
Woodch, Mon, 4-6pm,
Stratford Weds 3-5-5-15pm,
Minor Park Thurs, 4-6pm
Pilelow Fri 3-5-5-30pm
Canning Town Fri 4-5pm,
Beckton Fri 4-5-30pm, East
Ham Sat, 10am-12noon, The
Gate Sat 2-3-30pm, Green St

Froud Young Project (7-16yrs)
Activities for young people Mon,
3-5-5-30pm, Jack Cornwell C C

Children's Movie Club
Booking essential Thurs
4-6pm, 7-12yrs, The Gate,
Sat, 3-5-30pm, 0-12yrs (under
8s must be accompanied by
an adult), Green St

Arts and Craft Workshop (5yrs)
Mon 3-5-30pm, Sat 3-5-30pm
Sat 1-2pm, Green Street, Tues,
4-6pm, Pilelow Sat, 2-4pm,
Canning Town Sat, 2-4pm,
Custom House

Young Readers Club (7-12yrs)
Read and discuss your favourite
booker Tues, 4-5-15pm, North
Woodch, Sat, 10-30am
12noon, Minor Park

**Children's Movie
Medicine (0-12yrs)**
Sat 3-5-5-30pm, Green St

Let's Start Sewing (7-16yrs)
Beginner sewing classes
Sat, 12noon-3pm, Woodman
C C Woodman St, E16 Email
letsstartsewing@nhs.uk

Spelling Bee Club (7-13yrs)
Tues, 3-5-4-30pm, Green St

Spanish Club (7-14yrs)
Wed, 4-5pm, Beckton Email
spanish_research@hotmail.es

ACTIVITIES AND SUPPORT

Time-2-Craft (16yrs+)
Sat, 10am-12noon, Stratford

Chess Club
Mon, 5-30-7-30pm, and Thurs,
5-30-7-30pm, East Ham
Wed, 3-5-30pm, Green St
Thurs, 5-30-7-30pm, Stratford
Fri, 3-5-5-15pm, The Gate

Coffee Mornings
Mon, 11am-12-30pm, North
Woodch, Tues, 10-11-30am
Beckton Tues 14 July,
10-30am 12noon, Minor
Park, Tues 11am-12-30pm,
Custom House Weds 15 July,
10am-12noon, East Ham,
Weds 15 July, 10-30am-2pm,
Green St Thurs, 10-11-30am,
Canning Town Thurs 9 July,
10am-12noon Stratford Fri,
10-11am, Jayes C C

Do It Online (16yrs+)
Six or eight week basic
computer training. Advance
booking required! contact Arlley
directly Tues 10am-12noon
and Thurs 10am-12noon, The
Gate Tues, 10am-12noon, East
Ham, Tues 10am-12noon and
2-4pm Pilelow Mon, 10am-
12noon, Minor Park, Weds
2-4pm, Stratford Tues 11am-
1pm Thurs 10am-12noon,
Green St Thurs 10am-12noon
Katherine Rd C C Wed, 10am-
12noon, Pilelow

Knit & Natter (16yrs+)
Wed, 10am-12noon, Beckton,
Fri, 10-30-11-30am, Canning Town
Fri, 10am-12noon, East Ham,
Tues 10-50am 12-30pm
Minor Park, Weds, 10-30am-
12-30pm, Green St

ICT Surgery
IT advice/strategies Mon 10am
12noon and 2-3pm, Pilelow
Wed 10-30am-12noon, Stratford
Fri 2-4pm, Canning Town

Weekly Get Together
Try new things Weds
10-30am-12-30pm, Green St,
Call 020 3373 6857

Love Newham app
drop-in Learn how to report

issues via the app Mon
10-30-11-30am, The Gate

Community Links Drop-in
DASH housing and benefit
advice Call 020 8548 8823 to
make an appointment. Thurs
9 July 3-5-5-30pm, Katherine
Road C C Call 020 8548 8845
Mon 6 July 12-3pm, Green St
Call 020 3373 6857

ICT Drop-in Session
Set up a My Newham profile
and create an email account
Fri 10am-12noon, The Gate
Fri 10am-12noon, Green St

Rings Night (16yrs+)
Thurs, 8-7pm, Green St

East New Youth Zone
Sony PS3, DJ decks and other
activities Tues 4-7pm, East Ham

Nappy Living Club
Indoor and outdoor activities
for over 50s Tues and Weds,
1-3-5-30pm, Jayes C C

**Safer Neighbourhood
Team Drop-in**
Fri 12noon-1pm, Stratford

Deafroots Deaf Club
Learn new and existing things
Mon 1-30-3-30pm, Stratford
Members £1, Non-members £2

Silver Surfers IT Course
Fri 2-3-30pm, Beckton

Support in Action
Thurs, 12noon-4pm, Jayes C C

Martial Arts (16yrs+)
Tues, 5-6pm, Jack Cornwell C C

**Get on Target Business
Advice Surgery** Tues
12noon-3pm, North Woodch
Call 02031 576 483 to book

**SpEC Speaking English
with Confidence**
Mon, 10-11am, North
Woodch Mon 10-11am
Pilelow Mon 11am-12noon,
East Ham Mon 10-11am,
Weds 10-11am Thurs 10-
11am, Green St Tues 1-30-
2-30pm, Thurs 6-7pm Sat
10am-12noon, Stratford Weds,
10-11am, Minor Park Weds,
11am-12noon, Canning Town,
Weds 11am-12noon, The Gate

Life in the UK Classes
Weds, 10am-12noon, East
Ham, Fri 12-30-2-30pm, Green
Street Weds, 12-30-2-30pm,
Fri 10am-12noon, Pilelow
contact 020 8542 3804 for
information

**Chai and Chat Women
Group (18yrs+)**
For women who use mental
health services Weds,
10-30am-12-30pm, Pilelow

**Ebony East Steel Pen
Academy** Tues 4-30
6-00pm (11-16yrs) Weds
3-30-5-30pm (8-17yrs) One
Love Community Centre 1
Shelton Ave, E13 0PU Call
07585124701 04 1st session
free

Friday Film Club
Fri 2pm, Pilelow

Grants Surgery
Guidance for Let's Get the
Party Started and Go For it
grants Mon 6 July 3-5-30pm,
Green St Thurs 9 July 4-6pm,
Minor Park

**Newham Steelband
Sessions for beginners**
Tues and Thurs 8-30-8-40pm,
Canning Town Carvers
110-116 Silverdown Wy, E16
04 To register call 07527 544
628

Work Place Drop-ins
Weds 5 July 2-4pm, Stratford
For more information email
nhsew@newham.gov.uk

Sewing Bees (18yrs+)
Sat, 2-4pm, The Gate

CYANA
Cancer You Are Not Alone
information and advice Thurs
23 July 3-6pm, The Gate

Adult Reading Groups
Sat, 12noon-1pm, Green
St, Thurs 18 July 8-30
7-30pm, East Ham Email
adultreadinggroups@nhs.uk
for current book and more info

Alcohol Awareness
Thurs 18 July 3-6pm, The Gate

Roberts Rd Institute Conversation Club

Thurs, 10-11am, Minor Park

UEL Drop-In

Tues 7-7.15pm 10am 12noon,
The Gate

COMMUNITY ACTIVITIES



Bumps and Babies

(up to 1yr) A free home-based meet up every Wed, 1-3pm for expectant parents and those with babies. Email newhamcc1@hotmail.com

Meet and Greet

Mums, Bumps and Babies
Me in various cafes around Newham. Visit www.mumsandbabies.com or email jjgibson@live.com

Royal Docks Learning

& Activity Centre
Men, Newborough 10am-12noon, £2. **Tues**, Parent and Toddler Group 10am-12noon £1 Bingo, 10am-12noon £1 **Wed**, Keep Fit, 10-11am, £2 Employment 1-2-1 support, by appointment. Onco available **Thurs**, Tai-Chi, £2, first session free, 10.30am-12noon, Line Dancing £1 first session free 1-3pm **Men-Fri**, After School Club for Gallions, Brinsford Village, St Joseph's and Greiv primary schools...

Men-Fri, Open Access After School Club 4-6pm £3 per city Royal Docks Learning & Activity Centre, Abart Rd, E15. Call 020 7476 1695. Visit www.rdlidc.org.uk Search rdlidccommunity on Facebook

Junior Volunteer Police

Cadets (10-12 yrs, term time)
Wed 3-3.30pm Little Bford School, Browning Rd, E12 £2

Senior Volunteer Police

Cadets (13-17 yrs)
Wed 6.30-8pm, Little Bford School, Browning Rd, E12, £2.50 Thurs 6.30-8pm, Danish Community School, Boring Rd, E15 £2.50 Call 07950 881 378

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon 5-6pm East Ham College, High St South £5

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs
Mon to Fri, 5-6pm, 14-yrs
Woodman St, North Woodwich,
E16 Call 020 7474 0054

Punch Dot (18yrs+)

Fri, 4-5pm, Katherine Rd C C
254 Katherine Rd E7

Guruma Teikwondo

Mon and Weds, Chishin
6-7.30pm Juniors and seniors
7.45-8.45pm Manage Primary
School, Hoxley Rd E12 6TT Call
07881 709 140 Fees apply

Stratford Judo

Competition training, juniors
(8-14yrs) Tues and Thurs 6.30-8pm seniors (15+yrs) Tues and Thurs 8-9.30pm. Beginners, juniors (8-14yrs) Wed, 6.30-7.45pm seniors (15+yrs) Wed, 7.45-8.15pm. From £2.55 per class. Capenters and Dockland Centre 88 Oldbarn Rd E15
Call 07925 601 260
www.stratfordjudo.com

West Ham Boys ABC

Mon, Wed, Fri, meet (8-14yrs),
5-6pm Sat, boys (6-11yrs),
10-11am, girls (7-16yrs), 11am-12noon, £2 2 London Rd, E13
Call 020 8472 3614

Indian Martial Arts

Tues and Thurs 5.30pm sat,
9.30am Martial Arts Centre 27
Bombard Rd E15 £5 or fee for
N.U.F. users. Call 07703 594 388

HEALTH AND FITNESS



Janice's Fitness

Mon 7-7.15-7.45pm, Battersea, £3, The Hardy Centre, E6
Call 07818 000 843

Twisted Pink Street Dance

7-11yrs Thurs 6-7pm St
Luke's Church, Telling Rd E16
12-yrs Fri 5-7pm Maryland
Studio, 84 Leytonstone Rd
E15 £3 Call 07981 544 017

Zumba Fitness

Mon and Weds, 7-8pm, £5 and
£4 for 2nd class. Mooring Ln
Community Centre, Dover Ct,
E15 Call 07500 858 655

Zumba

Wed and Thurs, 7-8pm
London Tamil Sangam Centre,
398 High St North E12 6PH
£5 Call 07720 805 505

Unity Zumba

Mon 6-8pm Harley Centre
Barking Rd E6 Tues, 6-8pm St
Mark's Centre, Fulgiate Rd, E6
Weds 8-9pm Harley Centre
Barking Rd, E6 Thurs, 8-9pm,
St Mark's Centre, Fulgiate Rd,
E6 Sun 6.30-7.30pm The West
Community Centre, Mooring Ln
E6 £5 Call 07986 884 573

Let's Yoga

Thurs 6.30-7.30am,
Grassroots, £3 Sat 10am
12noon Jayes C C £1 Wed,
7-8pm Jayes C C £1 Thurs
7-8.30pm Field C C Free

Lee Valley Cycling (12-25yrs)

Wed, 4.30-6pm, Lee Valley
Velodrome, £5 or £50 for 12 wk
course. Pre booking essential,
email michelle.daniel@activelevalley.org.uk

Indoor Tennis

Mon 10-11pm, Lee Valley Hockey
& Tennis Centre, £3 Pre-booking
essential email michelle.daniel@activelevalley.org.uk

Mini Tennis

Tues, 4-5pm, and 5-6pm East
Ham Leisure Centre, 4-8pm,
Thurs, 4.30-5.30pm and 5.30-
6.30pm, Newham Leisure
Centre 4-8yrs and 8-16yrs
£50 for 10 sessions
Email michelle.daniel@activelevalley.org.uk

Outdoor Tennis (14-25yrs)

Fri 5-7pm, Stratford Park,
Email michelle.daniel@activelevalley.org.uk

True-Beat (18yrs+)

Mon 2-3pm (free), Fri 10-10.30
11.30am (£1.50) Field C C

Salsa Dancing (18yrs+)

Tues, 11.45am-12.45pm,
Field C C

Ballroom Dancing (18yrs+)

Thurs 4.30-6pm, Field C C

Atletix

All ages and abilities Wed 11am-12noon, Jack Cornwall C C

Zumba

All ages and abilities Tues 10.30-11.30am Field C C (£1) Mon 9.30-10.30am, Jack Cornwall C C (£2) Fri 9.30-10.30am Jack Cornwall C C (£2 over 50s free)

Aerobic Exercise

Workout and body stretching
Tues 9.30-10.30am Jack
Cornwall C C £2

Get Active, Get Healthy

- Walk to the Park
Mon 10.30-11.30am,
Minor Park

50+ ACTIVITIES



Age UK East London

Nordic Walks (18+)

Tues 9.30-10.45am meet at
Age UK East London Newham
Branch 625 Barking Rd E13
Sun, 10-11am, meet at entrance
of the Copper Bee, Queen
Elizabeth Olympic Park, E20
Call 07869 936 242

Health Walks

Mon, 3pm starts by the Wm
Monroe's Centre/Park, E5. Call
07518 750 120 Tues 10am,
starts outside First a Manger at
Stratford Station, Call 0200 124
0185 Tues 1.30pm starts at
the corner of Wansford Flats
at the junction of Gospel Rd and
Woodford Rd, Call 02044 4114
7758 Wed, 10.30am, starts
outside Hamish Centre, MoGrah
Rd, E15 Call 07670 291 120
Thurs, 1.30pm starts at the corner
of Wansford Flats at the junction
of Gospel Rd and Woodford Rd Call
07508 744 555 Thurs, 4pm starts
by the Wm Monroe's Centre/
Park, E5. Call 07518 750 120/Fri
10.30am starts outside St Mark's
Community Centre, Fulgiate Rd
E6 Call 07908 744 555

Newham Striders

Daily walking group
Call 0200 124 0123

Needle Weaving

Wed, 9.30am. Meet at Fold C.C.
Not suitable for wheelchairs. Call
07783 580 420
Fri 8.30-9pm. Meet at
Newham Leisure Centre. E13
Sun 10-11.20am. Meet at East
Ham Leisure Centre, E8

Young at Heart

Bingo Club. Mon, 12noon-
4pm. E1. Joyce C.C.

Ballroom Dancing

Mon 10am-12noon, St Paul's
Church Centre, Burgess Rd, E8
£2.60 per session.
Call 07781 209 482

Active Centre Bingo (50+rs)

Wed 7.30pm. Jack Cornwall C.C.
Mon 12noon-4pm. Joyce C.C.

Over 50s club

Thurs, 10am-12noon, Beckton

JOCAF

Faith based group with cultural
activities. Fri 12noon-2pm.
Joyce C.C.

Active & Connected

Social group for gay and bi
men. Last Thursday of each
month. For information contact
020 7791 2855

Active Centre 50+ Group

Wed, 12noon-4pm. Field C.C.

Dominoes Group

Fri 8-10pm, Fisker C.C.

Tea Dance

Wed 15 July 1-3pm, St
Mark's C.C. E1.50

Chair Based Yoga

Tues, 12.30-1.30pm. Manor
Park

GREEN

Green Gym

Wed, 10am-1pm, meet at
Visitor Centre in East Ham
Nature Reserve. Norman Rd. E8
Call 07945 3973 158

Green Volunteering

Tues and Thurs, 10am-2pm
Silverdown Wk, E15 (opp
Hollis Rd)

Garden Club

Tues 1-3pm. Thurs 4-7pm

Sat 10am-4pm. Abbey Gate,
Bakers Row. E15

Gardening Thymes

Gardening Club
Fri 11am-1pm, Bowling Green,
Central Park, High St South, E8

Grow Together Be Together

Community Gardening Club
Wed 10am-1pm. Sat, 1pm-3pm
Flinders Field. Maitland Rd
entrance, E1. Call 020 5581 7070

Carers' Garden

Volunteering
Thurs and Sat 11am-3pm,
Silverdown Wk, E15. For
information call 07773 863 364

DOORSTEP CLUBS

Call 0200 124 0129 unless
otherwise stated.

Athletics Club (14yrs+)

A multi sport session focusing on
athletics, football and the gym.
Tues, 6-7pm, Newham Leisure
Centre. E13. Call 07718 394 758

Gym & Basketball (14yrs+)

Tues, 9-10pm, E2, Rokeby
School, Barking Rd. E16

Stunt & Tumble (14yrs+)

Thurs, 7.30-8pm, E5. Talent Cheer
& Dance. Galore Reach, Alameda
Wk. E8. Call 07868 612 610

FEMALE SPORTS

Basketball Seasons

Tues, 4-6pm, Chobham
Academy, 40 Cheving Le. E20

Dance2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm
Newham Leisure Centre. E13

Female Boxfit (14yrs+)

Mon 4-15.5pm, Balam Leisure
Centre. E13. Call 07990 789 516

Girls Football (11-16yrs)

Tues, 4.45-6.30pm and Thurs,
5-6pm, Newham Leisure Centre.
Fri, 5-7pm, Memorial Park, E15

Girls Group Cycling (11-16 yrs)

Tues and Thurs, 5-5.30pm,
Newham Leisure Centre. E13

Just Play (14yrs+)

Wed 5.30-6pm, multi sports
(team time). Cumbria School
E13. Call 0300 124 0123

Abs Blast (11-15yrs)

Thurs, 5.30-6pm, E2.10
Newham Leisure Centre. E13

Athlete (14-15yrs)

Athlete fitness. Wed 5.30-6.30pm
E1. Flinders Community Centre
Naper Rd. E8. Call 07718 394 758

Get Back into Netball

Tues 6-7.30pm juniors
7.30-9pm seniors. E2. Lister
Community School. E13. Call
07717 281 529

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon
and Wed, 7.30-10.30pm. Tues
and Thurs, 12noon-1.30pm
Sun, 3-5pm. 11-15yrs. E4 E5,
Newham Leisure Centre. E13

Keepfit

Wed 10am-11.30am. E2.10
Centre. E15. Call 07590 944 085

Ladies Only Keep Fit

Wed, 10am, E1. Chobham East
Centre, Chobham Rd. E15
Thurs, 10am, E1.50, Rokeby
Centre, Rokeby St, E15

Women's Badminton

Fri 1.30-3pm. East Ham Leisure
Centre, E8, E2, equipment
provided. Call 07590 162 005

Women United AFC (17yrs+)

Mon (team time), 6-7.15pm
E1. Kingsford School, E8. Call
07792 502 979

Zumba and Tone

Tues 1.15-2.15pm. E1
St Bartholomew's Church Hall
Barking Rd. E8. Call 07944 775 079

Women's Martial Arts

(16yrs+) Tues 5.15-6.15pm,
Jack Cornwall C.C. Ring
07473 020 250

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Ability Club (14-25yrs)

Multi sports for disabled young
people. Wed 5.20-6.30pm and
Fri 4.45-6pm. Newham, E13

Athletics (6-16yrs)

Tues, 4-15.6.15pm. Brampton
Manor, Parnall Rd. E8. Thurs
4.30-5.25pm. St. Angel's
Ushole School. E7. Email

enquiries@englandsathletics.org

Family Swim

Sat 4.30-5.30pm, Newham
Olympic Swimming Club. Newham
Leisure Centre. E13. Call 0300
124 0129. Sun, 12.30-2pm,
Family Swim, Bakers Row
Centre, E5. Call 0300 124 0129

Get Fit for Free

Tues 1-3.30pm and
Fri 10am-12noon. Free gym
use for people with learning
disabilities. Newham Leisure
Centre. E13. To book an
induction call 0300 124 0123

Sensory Play (0-5yrs)

Wed. Term time 1.30pm-3pm.
Oliver Thomas Children's Centre,
Malthouse Ave. E8. Email
oliverthomascen@newham.gov.uk or call 020 8521 0967

Swim for Families

Swimming with Autism
Wed 4.30pm. Balam Leisure
Centre. E13. Call 0300 124 0123

Support in Action (16yrs+)

Indoor and outdoor activities,
advice and support. Thurs
12noon-4pm, to Joyce C.C.

RUNNING

Beckton Park Run

Sat, 9am. Beckton Park South
E16. Call 07718 394 758
www.parkrun.org/Beckton

East End Road Runners

Tues and Thurs, 7pm. 9am.
Meet on the track. Coached
sessions for all abilities. Newham
Leisure Centre, E13. Call 07879
281 647

West Ham Park Run

Sun 11am. Meet at Central
Park Keepers Lodge. Call 020
8257 4635

Run England

£2 unless stated. Sun, 10am-
12noon. Newham Leisure Centre
E13. meet on track. Mon,
4-5.30pm. Newham Leisure
Centre. E13. meet on track. Mon,
5-6.45-6.45pm, Newham Dockside
E15. meet at reception. Wed
12noon-1pm. Newham Dockside
E15. meet at reception. Thurs,
5-15.5-15pm, L&L Dockside

Campus, E15 (most of exception)
Sat 10-11:30am, Wainstead
Pole, E12 (most of Harrow Rd
Chipping-Pond). Sat 10-
11:30am, Memorial Park, E15,
Ed (most of car park). Tel 07771
304 874

SPORTS



Athletics

Newham and Essex Daigles
Athletics Club: Mon and Wed
6-8pm. Foundation Groups
(8-10 yrs), Mon, 7-8pm and
Wed, 5-7pm. GS Tennis
Madden Stadium, Newham
Leisure Centre, E13. Visit www.newhamandessesdaigles.co.uk

BMX (6-18yrs)

Sun 10am-12noon, E3 Gossely
Playing Fields, St Albans Ave
E5. Tel 07951 333 615

Fencing with Newham

Swords Tues, 6-8pm, Thurs
6-8pm, Fri, 7-10pm. Classes for
adults (16+) and mini-pros
(4-7yrs). UEL SportsDock, E15
07556 618 556

Indoor Cricket (8-18yrs)

Wed, 5-8pm, E2 Laker
Community School,
E13 email michelle.densett@activeNewham.org.uk

Black And Whites Badminton

Club Adults: Fri 7-9pm, Juniors,
Sat, 10am-12noon, E3 79, East
Ham LC Adults: Wed, 7-10pm,
UEL SportsDock, Tel 07932
037173

FOOTBALL



AM Football (10yrs+)

Tues 7-9pm, Fri, 10am-12noon,
Memorial Park, Memorial Ave,
E15. Fri, 5-8pm, Blacken
Powerleague E8. Visit www.infootball.co.uk

Football and Athletics

Thurs, 4-6:30pm, Britannia
Village, E5 Dwyer Rd, E15

Football & Multi Sports

Mon 4-5:30pm Newham
Leisure Centre, E13
Wed, 5-6pm Stratford
MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, 4-5:30-
6pm U16yrs, U18yrs, 6-7pm
Newham Leisure Centre, E13

Premier League (10yrs+)

6-8:30 (4 sub), Wed, 7-10pm
Newham Leisure Centre, E13

WNU Kicks

Mon, Tues, Fri, 4-7pm,
WHUGST, Beckton 3G,
GSA, Aliboness Ct, E5. Thurs
6:30-7:30pm, Little-Bird Learning
Zone, 1 Factory Rd, E12. Thurs,
6:30-7:30pm, Stratford Park
MUGA, West Ham Ln, E15. Sat
10-12noon, Newham
Leisure Centre, E13

Academy Football

Sat 10-11:30am, E3
Reception to 11yrs, King
George V Park, King George
Ave, E16. Tel 07806 584 925

BASKETBALL



Basketball & Multi Sports

Fri, 5-6:30pm, 8-10pm, Snowhill
MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs 5:30-6:30pm, Little-Bird
Learning Zone, 1 Factory Rd, E12

National League

Mon, 6-8pm, U13/14yrs,
Tues 5-8pm, U15/16yrs,
Rokley School, E15
Thurs 4-5:30pm, U13/14yrs
boys, U17yrs girls, 6-8pm,
U10yrs, Newham Leisure
Centre, E13, 6-8pm, U15yrs,
Cumberland School, E13

NCPE Sports - Basketball

Thurs 7-9pm, East Ham
Leisure Centre. To register
email sports@newham.ac.uk
or call 020 8557 4220

Senior Programme

Mon, 7:30-8:30pm, Division 2
women and division 3/4 men
Rokley School, E15. Tel
07947 401 616

Newham All Star Sports

Academy (NASSA)
Sessions E1 unless indicated
Juniors: Fri 4-6pm Cumberland
School, E12 National league

U13yrs, U14yrs, U16yrs, Tues
6-8pm, Rokley School, E16
National league U10yrs, Tues,
8-10pm, Rokley School,
E16 National league U13yrs,
U14yrs, U16yrs, Thurs, 5-8pm,
SportsDock, National league
U18yrs, Tues, 8-10pm, UEL,
SportsDock, Junior boys and girls,
Sat, 10-12noon-12:30pm, UEL,
SportsDock, E8. Tel 07763 503
565 www.newham.ac.uk

Youngbloods Basketball

All sessions cost £1
U12yrs, mixed, Sat, 1-3pm
East Ham Leisure Centre, E5
U13/14yrs boys, Mon, 6-8pm
and Wed, 4-5:30pm
St. Angela's School, E7
U13/14yrs girls, Mon 4-5:
30pm and Wed 4-5:30pm, St
Angela's School, E7
U15/16yrs boys, Tues, 6-8pm,
St. Angela's School, E7. Thurs,
8pm, St. Conventure's School, E7.
U17/18yrs boys, Mon and
Wed 8-10pm, St. Angela's
School, E7. Tel 07956 307 657

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barkin Rd,
E5, unless otherwise stated
Tues 7 July, Residents'
Housing Scrutiny Group, 7pm
Thurs 9 July, Mayor's
Proceedings, 8pm
Mon 13 July, Council, 7pm
Tues 14 July, Regeneration
and Employment Scrutiny
Commission, 7pm

CONTACT THE MAYOR

Surgery

To register for the Mayor's
surgery you must arrive up to 30
minutes ahead of the advertised
time. **Thurs 9 July**, 10am,
Canning Town Library

Telephone surgery

Wed 8 July, Call 020 8430
2000 between 9:30-10:30am
and leave your details

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6
Canning Town Barkin Rd, E16
Custom House
Prince Regent Ln, E16
East Ham 325 Barkin Rd, E5
Green Street 337-341
Green St, E13
The Gate 6-8 Woodgrange
Rd, E7
Manor Park
635-697 Romford Rd, E16
North Woolwich
5 Pier Parade, E16
Pleadow North St, E13
Stratford 3 The Grove, E15
Archives and Local Studies
020 3373 0881
Community Outreach
020 337 3813

LEISURE & SPORTS VENUES

Balsam Leisure Centre
14 Balsam St, E15
East Ham Leisure Centre
324 Barkin Rd, E5
Newham Leisure Centre
281 Prince Regent Ln, E13
Newville Prince Regent Ln, E13
UEL SportsDock Docklands
Campus, University Wy, E16

COMMUNITY CENTRES (C.C.)

Barkley Community Centre
14 Manor Wy, E5, 020 7511 1214
Bird Community Centre
147 Station Rd, E7
020 8536 2000
Grassroots Centre Memorial
Park, Memorial Ave, E15
020 3373 0699
The Hartley Centre
267 Barkin Rd, E5
The Hub 123 Star Ln, E16
020 3373 0750
**Jack Cornwell Community
Centre** Jack Cornwell St, E12
020 8553 3459
Jeyce Community Centre
1 James Ct, E13, 020 8548 8788
**Katherine Rd Community
Centre** 254 Katherine Rd, E7
020 8548 9835
St Mark's Community Centre
218 Tollgate Rd, E5
020 7511 1214
Updon Community Centre
Claude Rd, E13, 020 8471 0040
(mainly closed)
Warrage Ln Community Centre
Gower Ct, E15, 020 8518 0335
The Web Community Centre
40 Warrage Ln, E5, 020 7585 7670



is this
my room?

Fostering what would you say?

With a weekly fee for yourself and all childcare costs covered, fostering may be the new career for you

Call us free on

0800 0130 393

www.newhamfostering.co.uk

the Mayor's Newham Show

Celebrating
50 years of
Newham

FREE

Saturday 11 and Sunday 12 July 2015
12noon - 6pm

Central Park, High Street South,
East Ham E6

Two days of fantastic FREE
family fun including:

- Featuring on the main stage
Cock and Line from CBeebies'
Swashbuckle 11 July
Postman Pat and Jess the Cat 12 July
- Live music, Newham seaside and
much more!
- The Mayor's Newham Carnival, 2pm Saturday



www.newham.com/summer

@newhamlondon

#NewhamShow

Mayor of
Newham